

DIET SQUAD TRIES TWO-BIT MENUS

Evening Ledger Reporter Personally Testing Daily Bill of Fare and Recipes

EXPERIMENT SCIENTIFIC

First Day's 17-Cent Menu for City's Diet Squad

LUNCHEON
(Cost 6 cents per person)
Baked bean soup.
French toast with butter.
Tea.
(825 calories.)

DINNER
(Cost 11 cents.)
Hamburger steak.
Lyonnaise potatoes.
Whole wheat bread.
Cottage pudding, clear sauce.
Tea.
(1820 calories.)

After today three meals will be served to the diet squad members at the Lighthouse, 152 West Lehigh avenue. The three meals will contain 3000 calories at a cost of 25 cents.

Miss Fannie L. Gill, a senior at the Drexel Institute, will perform the duties of dietitian to the squads.

By LISETTA NEUKOM

My friends in the EVENING LEDGER office had a farewell. One of the boys even asked me what sort of flowers I preferred.

They couldn't understand how any one could get enough food for twenty-five cents a day to sustain life and happiness. They are sure I am going to starve. These men spend two or three times as much in a restaurant for one meal, and they think they must spend that much money to get enough food.

They admitted before I left to get dieting that they did not know anything about food values, but still they did not see how I was going to get enough food to nourish me during the coming test in Philadelphia. The test is being conducted under the auspices of the Life Extension Institute, a national organization which is trying to teach "people how to live."

The noonday luncheon today marked the beginning of the first official test of the Life Extension Institute methods in Philadelphia. The test is designed to teach people that even with the bugaboo, High Cost of Living, abroad in the land, there is no necessity for people to be underfed if they only know of food values.

This test is being given in the women's dining room at the Lighthouse. Each morning the breakfast will be served to the eight of us who are on the squad. We will get 700 calories. At noon will be given 800 calories and at night 1500. Some of us are to eat anything between meals. We are to be weighed twice a week. Eating outside would prevent the Life Extension Institute from finding out what the effect of the twenty-cent-a-day diet has on our physical and nervous systems.

Before any of us were permitted to go on the squad we had to pass a rigid physical examination, one which showed how many red blood corpuscles we have, what our blood pressure is, how our lungs are, and scores of other things. These examinations are given by physicians in this city appointed by the Life Extension Institute.

The institute itself is a national organization backed by leading educators and physicians throughout this country. There are also representatives in seven foreign countries. The institute aims to show people that they are eating too much, and to let them know that eating too much food and not proper diet cause illness and shorten life.

Eight persons have signed up for the diet squad and passed their examinations. No one else is allowed on the squad, although there will be guests each noon. Some of the guests are to speak to the dieters. The squad consists of five men and three women. I am the only representative of any newspaper on the squad. My object in being there is to give the EVENING LEDGER readers first-hand information concerning recipes and menus and the effect of them on the health of the members of the squad.

Miss Florence Diversy, one of the workers at the Lighthouse, a young woman who has had charge of the co-operative buying system of that institution, is on the squad to find out about food values so she can tell the people of Kensington what foods give the best nourishment for the least money.

Mr. and Mrs. George W. Freeman are on the squad. Mrs. Freeman is there because her husband is, and he is there because he is a worker in the Lighthouse.

The St. James

The biggest success in Philadelphia's after-theatre life is the **Dark Room**

Dim lights, soft music, a roomy dance floor—come in tonight and see how very appealing it is.

WALNUT AT 13th STREET

BRADBURN & NIGRO

Correct Tailors for Dressy Men
13th & Sanson Sts. Second Floor

OUR \$30 SPRING SUITINGS

Are going to be the talk of all Philadelphia among the smart men this season. Stop in and

The Provident

Life and Trust Company of Philadelphia

Like attracts like. Many successful firms and individuals appreciate the success of the Provident and employ its many facilities.

FOURTH AND CHESTNUT STREETS

Robert R. Bradford, the secretary of the organization; Edward P. Ledgard, the auditor; Robert D. Kleez, who is in charge of the boys' work, and Herbert Taylor, the janitor, are on the squad.

Mr. Taylor tips the scales in the neighborhood of 200 pounds. He is noted for his appetite and is called one of the heaviest eaters in Kensington. He thinks nothing of putting away a whole steak, a huge serving of beef stew, eight slices of bread, a number of "side dishes" and a dessert all at one meal. He expects to lose flesh—aid, incidentally, "thinks he will"—during the coming two weeks. He has long been anxious to know how to eat and says he jumped at the chance to learn how when this innovation was suggested at the Lighthouse.

Invited guests at the luncheon today included the executive committee of the board of directors of the Lighthouse, Armaduke Tilden, Jr., an architect; David D. Lupton, of the Lupton firm of sheet metal manufacturers, which later made Kensington famous; Thomas B. Harbison, chairman of the agricultural committee of the Chamber of Commerce, wholesale milk dealer; Isaac Simons, hatter and oil man, and Joseph McLaughlin, Director of Supplies of the city. He is also one of the speakers.

COAL RATE REDUCTION WILL GO TO CONSUMER

Majority of Dealers Say They'll Cut Price After 25-Cent Reduction

Indications are today that a majority of the coal dealers of this city will pass along to the consumer the proposed two-and-a-half-cent reduction in anthracite freight rates if the reduction is ratified by the Pennsylvania Public Service Commission.

Dealers who have already signified their intention of giving the quarter to the consumer are Edward J. Cummings, 12 Kinross, R. L. Chalfant, J. M. Bruner, William J. Alexander, John A. Gerety and H. N. Hancock, Walter C. Hancock, of the John C. Hancock Company fell into this today, and said he would give his customers the benefit of the proposed reduction. The Newton Company, when the reduction was first announced, made known that it intended to keep the quarter, but later J. Ernest Richards, president of the company, said the public would get the benefit of the reduction.

"While the Newton Company is a big company," said Mr. Hancock, "other dealers do not necessarily have to follow the lead of that company. During the fifty-one years we have been in business no such distressing conditions and disturbing elements have confronted the coal dealer as during the winter of 1914-17. Never has there been such a scarcity of coal or so great a demand.

"It has been necessary to have a representative in the coal regions much of the time, begging, pleading and paying advance prices to get coal. Buildings have been supplied a few tons at a time, and on one Sunday morning we had an appeal from a resident who didn't have a scrap of coal in his house. We met the emergency by leading 500 pounds into a private automobile and rushing it to his home. Even in the face of these difficulties, combined with the advance in the price of labor, feed, etc., we have never made an excessive advance in coal prices. We propose to give the twenty-five-cent reduction in freight rates to our customers."

Collect \$70,000 for Jewish Relief

BALTIMORE, March 5.—About \$70,000 for Jewish relief in Europe was collected at a mass-meeting held here last night, at which Henry Morgenthau, former American Ambassador to Turkey, was the principal speaker.

Supreme Court Decisions

The following decisions were handed down today by the Supreme Court:

By JUSTICE PIERCE:
Wood vs Kane. Judgment reversed.
Muller vs Board of Education. Home-made Bread Company. Judgment affirmed.
By JUSTICE VON HOLSTEN:
Harris et al vs No. 1. Judgments affirmed.
O'Malley vs Public Ledger Company. C. P. No. 2. Judgment affirmed.
Maurice vs Preferred Realty Company. C. P. No. 3. Judgment affirmed without prejudice.
By JUSTICE PHILLIPS:
Scott, administrator vs American Express Company. C. P. No. 2. Judgment reversed, with a new venire.
Kuehn, Jr. by his next friend and father, vs Brown. C. P. No. 2. Judgment reversed and retrial permitted, with a new venire.
Allen vs Schib, Jr. et al. C. P. Allegheny. Decree modified.
In re assigned estate of James Hunter and John Hunter. C. P. No. 4. Decree affirmed.

Tuesday's Arrivals

Spring Millinery of Parisian Descent

\$3

Spring's Bandbox Bursting With Hat Surprises

One hundred and fifty of the latest ideas just unpacked—fresh from the ateliers of the greatest creators.

Every new size and every new shape, from Parisian flaring brims to the chic little abbreviations which are the height of smartness.

Novel ribbon hats, satin hats, delicate braids, fancy crepes, coarse straws, liseres, milans, brocades, tuscans—hats for sport and hats for dress.

Every one a \$5 to \$8.50 value.

"The Hat Feature of Philadelphia"

At the New **Bedell** Fashion Shop

Market Cor. 12th Street

FOUNDED 1865

The Provident

Life and Trust Company of Philadelphia

Like attracts like. Many successful firms and individuals appreciate the success of the Provident and employ its many facilities.

FOURTH AND CHESTNUT STREETS

SMALL ELECTED BOARD FOR SCHOOLS FAVORED

Reduction to 5 or 6 Members. Named at Polls, Suggestion to Conference on Legislation

ANALYZES TAXING POWER

Points Brought Out at Conference on Legislation

REDUCE the membership of the Board of Education to five or six. Election of the members of the board would be in keeping with American traditions.

The school district requires its own financial powers and its own constitutional debt limit. Education is a State function and cannot be made part of the city government.

Appointment of the Board of Education by the Mayor would continue the taxing powers in the hands of an appointed body.

Election of the members of the Board of Education, a reduction in its size to about one-third the present number and an elimination of the archaic methods which now complicate administration was recommended this afternoon by speakers at the Monday Conference on Legislation at the New Century Drawing Room, 124 South Twelfth street.

Practical methods of simplifying the selection of the board were given in the address of George Henderson, former president of the Public Education Association. It was read by Mrs. Mary E. Mumford of the Civic Club.

A thorough analysis of the situation and the why and wherefore of his suggestions were given by Mr. Henderson, and they struck a favorable note among those present. He pointed out that State education is a State function and unless it seems wise to endeavor to change that policy, the school administration cannot be made a department of the city. He also called attention to the fact that Philadelphia and Pittsburgh were classified by the school code as school districts of the first class and that any changes affecting this city would also affect Pittsburgh, whose wishes would have to be consulted.

He urged that the board be reduced in size and said the best educational experience calls for a small board of five or six members. He pointed out that the present constitutional objections, together with the unwisdom of such a plan from the viewpoint of the schools, the financial functions of the school district should not again be lodged in "councils for the practical reasons which led to their separation. In this connection he added:

"From the so-called consolidation act of 1834 to the school code of 1911, the borrowing and tax levying of this school district were lodged in Councils. The city's constitutional borrowing limit of seven per cent was well-nigh exhausted and no longer sufficient for city purposes, and positively insufficient for the growing needs of the schools.

"One of the fundamental reasons for taking the school finances from the Councils was to relieve the city from the obligation of borrowing for school needs out of the city's seven per cent debt limit. The school district's seven per cent limit was thus far untouched, because there was no provision in the law for its use. Hence, by the school code, the city was relieved from financing the schools and the school district endowed with its own financial powers. It would be entirely impracticable to return to the former financial arrangement.

"The school district requires its own financial powers, its own constitutional debt limit. That provision must remain in the law.

"We should remember that the school code provision giving the appointed board the power of taxation was attacked in the Supreme Court and upheld only by a divided court of four to three, Chief Justice Brown and Justices Stewart and Mestrezat dissenting.

"We, therefore, conclude that the safer method is to have the members of the Board of Education elected. This will be in keeping with American traditions."

FRATERNITIES AT U. OF P. END "RUSHING" SEASON

This is the Last Day of a Strenuous Period

The fraternity "rushing" season at the University of Pennsylvania ended today, which is the climax of a three-week period of feasting, fun and frolic for the "desirable" freshmen.

Promptly at 12:30 p. m. the thirty Greek letter fraternities ceased their entertainment of the men whom they desire as "goats." The lull in the scramble for new men will continue until 12:30 p. m. Wednesday, when volleys of invitations will be issued to 200 or more of the 900 freshmen who have attracted the eyes of the chapters. Each fraternity, by the terms of the interfraternity agreement, is allowed one hour's interview with the "prospect," who makes known his acceptance or refusal within twenty-four hours, after which the "bid" automatically is withdrawn. Violation of rushing rules makes a fraternity subject to \$250 fine, payable to the Athletic Association.

IT'S WORTH WHILE

to study prices these days. There possibly was never such a wide difference between grocers as now.

Send for our weekly list of special prices.

Hanscom's
1232 Market Street

Handsome Women

may most attention to hands and face, for these constitute the soul of personal attractiveness. Even at this time of year hands and face may be kept smooth by daily use of our Skin Food, a harmless, delightful cleanser, softener and nourisher.

Tubes 25c. Jars 50c. Postpaid through

LLEWELLYN'S
Philadelphia's Standard Drug Store.
1518 Chestnut Street
Germantown, Talium—Equipte—25c.

Ready Money

United States Loan Society
117 North Broad St.
414 S. 5th st. 2548 Germantown ave.

FUEL SAVER For the Home Price \$3.00

CUTS COAL BILLS ONE-THIRD

E. D. BERGER CO., 39 N. 2d Street
Main 1000. Market 241.

J. E. Caldwell & Co.
Chestnut—Juniper—South Penn Square

PEARLS
For Bridal Gifts

Mawson & DeMany
1115 Chestnut Street
(Opposite Keilh's)

End-of-Season Fur Clearaway of Remaining Coats

Former Prices of No Consideration

CHOICE AT **\$20.00** } Pony Coats
THREE GROUPS **\$29.50, \$39.50** } French Seal Coats
\$48.00 } Hudson Seal Coats

SIX WONDERFUL VALUES
\$54, \$68, \$98
\$125, \$175, \$250

MUFFS, SCARFS and SETS
of exceedingly unusual values repriced proportionately to prices that make every one an investment.

Purchases will be reserved in our storage vaults until next fall on payment of a deposit. Payments to be continued during the spring and summer.

Last and Final Perry Sale this Season!

House-Cleaning our tables of remainders of \$25, \$22.50 and \$20

Winter Suits
Winter Overcoats
Early Spring Overcoats

at the One Uniform Price \$15

"Got some nice coats in there for \$15," said one of a group of three men looking at those in our windows!

The man who gets one of them will say "Amen" to that for the next two or three years!

Their equals will cost at least \$25 or \$30 before this year is over!

Sizes for big men, medium men and small men in both Suits and Overcoats!

Usters, ulsterettes, snug-fitting models; full-back models; conservative models and patterns. A variety of conservative and fashionable lightweight Overcoats! Suits in worsteds, cassimeres, serges, blue flannels!

All at One Uniform Price \$15

Were \$25, \$22.50 and \$20

Last Sale of the Season! Replenishments to fill up breaks in the lines are impossible!

Buy yours today!

Hampton Shops
18 East 50th Street
facing St. Patrick's Cathedral
New York

PERRY & CO
"N. B. T."

16th

An Oaken Priory Table at the Hampton Shops

PRIORY TABLES, they are often called, so suggestive are they of the greystone and time-worn Abbey refectories of olden times.

Probably, however, the original of the Table which you may come across in one of the Galleries of the Hampton Shops was made for the very place in the English Baronial Hall from which it came directly hitherwards.

With its ample oaken board, its decoratively bulbous legs, its carven apron, and its stretchers worn by the sturdily shod feet of succeeding generations, it will give a touch of distinction to your room such as no ordinary furniture could convey.

And it is but one of a host of similar pieces you will find at the Hampton Shops.